

Woman's Page

How to Fight the High Cost of Living

Careful Planning Keeps Family of Seven Well Fed and Neatly Clothed on \$110 Salary, and \$10 Each Month Is Saved—More Planning Needed to Keep Family of Two Than Was Needed Five Years Ago—Mothers Band Together and Fix Definite Amount of Work For Children of Neighborhood

CAREFUL PLANNING.
Editor Standard: There are seven in our family—father, mother, and five girls. I am the oldest, and work as a stenographer. The next three go to school, and the baby is 4 years old. The total income is about \$110 per

month. We are all hearty eaters, but by careful planning our grocery bill is only about \$40 a month. We have just a few chickens, enough to provide eggs for baby's breakfast regularly, and sometimes one of the other members of the family has an egg for breakfast. We buy eggs for cooking, always getting the very best. In fact, all our groceries are the very best; we are all unable to get along with second best butter, eggs, meats, etc., as some people can. We usually have baked beans on Saturdays, and it takes two pounds with a piece of pork, baked all day, to provide a sufficient amount for one meal. Mother bakes all the bread, about twenty loaves per week, and when baking bread plans to use the oven for other things, as for the beans on Saturdays, and on a Friday we have baked potatoes, with baked salmon. As the oven in our cook stove does not bake well, we do the baking in the gas oven, so do not have a fire in the coal stove on baking days. Thus, we use the heat for a number of things at once. Mother frequently makes bread puddings from the left over pieces of bread. She also cooks rice and macaroni in various ways. We have some kind of meat for dinner almost every night, and have steak at least once a week. On Sundays we usually have a roast. We often have a lean piece of beef for pot roast. We get about seven pounds of meat, and make plenty of nice brown gravy. Then she makes a brown molasses pudding, which she steams over the meat while it is cooking. This is an inexpensive pudding, and made in this way required no extra gas for cooking. The left over meat makes good sandwiches for the lunches, and is good warmed in the gravy for Monday night dinner. We frequently have company, and all our friends remark about the good meals we serve. We usually use 35 cent coffee, but keep a small amount of 40 cent coffee in the house for special occasions. This month we have purchased 4 sacks of flour (which we do about every ten weeks), had company frequently for dinner, and had eleven at the table for Sunday night, and father, one sister, and myself carry our lunches daily, and our grocery and meat bill for the month will be just \$40.

Our \$110 per month is divided about as follows:

Groceries	\$40.00
Carfare (father takes double)	7.20
Rent	20.00
Milk	4.80
Laundry	3.00
Gas	3.50
Miscellaneous (including papers and magazines, insurance, etc.)	2.50

A TYPICAL BLOUSE SUIT.
The lines of these suits are becoming to most figures, with the exception of some who have narrow sloping shoulders. This sketch is made from a model in tan-colored serge with buttons of polished wood and bound buttonholes.

The skirt has a slight drapery in front, made by three shallow tucks and is plain in the back. The blouse is encircled by a sash of black satin.

Heating Insurance

By The Campbell System
THE question of home-heating is the big problem up here in the Northwest—important—not only for comfort but for health and life itself. That is why it will pay you from every point of view to investigate the Campbell method of heating.

You should lose no time in deciding on the system by which we confidently assure you even, regular heat, and good ventilation—in all times and weathers.

CAMPBELL'S WINTER CHASER

has this enormous advantage that you are bound to be satisfied; you run no risk of getting the wrong plant. The Campbell Heating Co., of Des Moines, Iowa, is with us in this plan which insures heat satisfaction, warm floors, no drafts. We submit to them your personal needs for heating; they make expert plans and specifications, guarantee to heat your home with most, warm, clean air up to 70 degrees in the coldest weather—or they will not undertake it at all.

Fuel-saving is a big factor for the Campbell Heating System and the large fire-pot—reservoir—the big air-chamber and entrance door in jacket—all are vital reasons why the Winter Chaser is best. Will you let us explain more fully?

Phone 2286. NEWMAN & STUART, 2254 Wash. Ave.

Wash your clothes with GOLD DUST

Good soap washes clothes well—if you use enough elbow grease, but Gold Dust washes them more thoroughly—and with little or no rubbing. Gold Dust saves half your time, and spares your poor back.

Another great advantage of Gold Dust—use any kind of water you like. Gold Dust softens the hardest water and makes it soft as rain water.

Gold Dust is just a vegetable-oil soap in powdered form, with other cleansing ingredients added to make it work more thoroughly and quickly than soap ever can.

This Line is "Busy"



"Let the GOLD DUST TWINS do your work"

THE N. K. FAIRBANK COMPANY, Chicago

Clothing ... 15.00

Total ... \$100.00
Amount saved per month, therefore is \$10.

Of course, with such small allowance for clothing it is necessary to be very careful. The older girls must keep their stockings darned and other clothing well mended. They must sew their own plain clothing. The little ones must wear aprons to protect their dresses. As I work downtown, I am able to use a tailored suit for "best" its first season, then for work every day its second season, and then, by having it cleaned and remodeled a little by a good tailor at an expense of about \$5, it will help a great deal for a third season.

There are a number of other things that might help some one to make a little go a long way, but I think the chief thing to consider in finance is careful planning, and stick to the plan. E. B. S.

MORE PLANNING NECESSARY.

Editor Standard: I was asked by a friend the other day if I lived as cheaply now as I did when I was first married five years ago. I answered that I didn't think there was much difference, only it takes a little more planning and perhaps a little more labor. I always plan to have a boiled dinner or something that can be cooked in one kettle on ironing days, and boil it on top of the ironing having a kettle with a long handle. It is easy to lift the kettle with one hand while you take the iron with the other. Then on baking days I get the dinner in the oven. Of course, I only have two to cook for, so there is always room enough. Then I do all my own sewing. I find you have to have two articles for what you have to pay for one in the stores, and they last twice as long. In making correct covers I buy enough embroidery for two of the same material; then when the backs wear out I take the fronts of one and make a back for the other, making three covers out of two. So I don't think it costs any more to live now than it did five years ago. H. E. C.

WISE MOTHERS.

Mothers of our neighborhood, in our old home in Cedar Rapids, Ia., banded together that they might work in unison for the advancement of the children and I would suggest that a similar plan be adopted by the mothers of Ogden. They fixed on a definite amount of work, both indoors and out, for the boys and girls, to be done as far as possible at the same time. The same arrangement was made in regard to piano practice. In this way the children work more contentedly. One mother each week selects some subject with means of information, which could be made a topic of conversation in the homes. A workshop situated in a convenient location has been fitted up, and by each paying a small fee, instruction is given in metal and wood work.

The girls have a weekly cooking and sewing class, each mother in turn giving instruction. There is an exchange of books, magazines, music and games. Every week some one who keeps in touch with the school work reports progress to the other members. MRS. J. M. N.

RECIPES.

American Plain Omelet—Four eggs, one half teaspoonful of salt, a few grains of pepper, four tablespoonfuls of hot water, one cupful and one half of cream sauce. Separate yolks and whites. Beat the yolks until thick. Add salt, pepper and hot water. Beat the whites until stiff and dry, cutting and folding them into the beaten yolks until thoroughly incorporated. Heat an omelet pan and butter sides and bottom. Turn in the egg mixture, spreading it evenly, and cook slowly. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings like beaten white of egg it needs longer cooking. Fold and turn on a hot platter and pour the cream sauce around it.

Bread Omelet—Mix equal quantities of fine bread crumbs and cream, a teaspoonful of salt. Break one ounce of butter into small bits and add to it a teaspoonful of salt, a dash of pepper and a dash of nutmeg. When the bread is thoroughly moistened, beat it with a fork until smooth, then mix three well-beaten eggs. Fry like an ordinary omelet.

CARD OF THANKS

We, the undersigned, wish to thank those who helped us in the hour of our bereavement in the death of our father and husband; especially do we wish to thank the Electrical Workers and other friends for their aid and floral offerings. Also the speakers and singers.

MRS. ARTHUR ORTLEPP and Family.

Society

CHOIR ENTERTAINED

Mrs. M. Kennedy and Mrs. M. F. Dempsey entertained informally at the Virginia Wednesday evening at a pleasantly planned event in honor of the choir members of St. Joseph's Catholic church. The spacious parlors were prettily decorated for the occasion and the dining room, where the tempting menu was served, presented a charming picture. A beautiful centerpiece of La France roses and maidenhair fern, and graceful strands of smilax intertwined with pink sweetpeas enhanced the beauty of the inviting table.

Misses Florence Maginnis and Mabel Krauss poured coffee and Miss Marquette McNulty assisted the hostesses in serving.

Rev. Father P. M. Cushman and John Ryan were present and during the evening Father Cushman presented Miss Mae Conroy with a token of gratitude and appreciation, the gift of the other members of the choir, in his usual kindly, happy way.

Following the merry hour around the joyous banquet board a program of vocal and instrumental music was enjoyed. Mrs. M. Kennedy, Misses Mae Conroy, Marquette McNulty and Margaret Grillo, Messrs. B. Critchlow and J. Junk were among those contributing musical numbers and Miss Loretta Malone, who recently returned from a two-month visit in California favored the company with several choir selections.

A Kansas judge has decided that a man is the owner of his wife's clothes. If her new bonnet costs too much to suit him he can wear it himself.

THEATERS

AT THE ORPHEUM.

The fact that Digby Bell was on the bill, that it was the closing week of the Orpheum for the season and mayhap for all time, and an evening when it was pleasant to be inside—all these were not sufficient inducement to fill the local playhouse last night.

The past winter Mr. Goss has striven mightily by every device known to managerial mind to keep Ogden on the theatrical map, so far as the Orpheum circuit is concerned, but just at present the future is not inviting and there is a possibility if not a probability that the Orpheum shows will pass up Ogden next year. This week's bill is of the sort which makes it appear that the loss will be a great one if eventualities materialize. The bill headed by Digby Bell—he who has made thousands laugh all over the country—is one which should pack the house at every performance. The show isn't so nicely balanced as some, but that counts for nothing when the uniform excellence of each act is considered. With this last Orpheum show of the season, then, it would be proper to "kick in" with about 25x125c and show Manager Goss that your intentions have been good, even if you haven't rallied to his support this winter as you should. At that you'll be getting many times the worth of your seat in entertainment.

Digby Bell and company in a one-act farce by George Hobart have a vehicle which in vaudeville parlance would be called a "riot." It all has to do with a little incident happening in the life of a wholesale milliner who is forced to go out on the road in place of the usual drummer who is supposed to cover the territory, and finds himself enmeshed in a domestic tangle of serious import. The regular salesman has entertained the wife of a Topeka customer at the theater on a previous visit and the husband, finding it out later, prepares to shed the blood of the drummer on his next visit. The tables are turned on him unexpectedly and—but you had better see it for yourself, which will be much more enjoyable. Mr. Bell as the sought-for "home destroyer" is as funny as ever and gets all the fun possible out of the sketch. His support is most satisfactory, also, especially Mary Cecil as the stenographer. Miss Cecil is a pretty little comedienne who seems to shine out with good spirits and sends the audience into gales of laughter with her hysterical antics.

Doc O'Neil has an effervescent monologue stunt that got him a big hand last night with what he terms "his original laugh prescription." We wouldn't call all of it original, but as a laugh-producer Doc is, in the words of Raymond Hitchcock, a "sixer."

Young and company, consisting of two young men. With piano, organ, cello and flute, some nice effects are obtained with ballads of the better sort. "The Rosary" as played on the cello by one of the boys would make it appear that the piece was originally written for that instrument.

Will Dillon, with the aid of a singer in one of the boxes, started solo, but soon out with case in his interpretation of songs written by himself. Those songs last night being "I Thought It Was What I Thought It Was," "Keep It Up" and "Keep Your Eye on Me."

The Great Tornadoes are well named. Their acrobatic act is noteworthy by the startling rapidity with which the stunts are performed. A new opening number two marvelously developed athletes yclept Roland Brothers do wonderful feats in hand balancing, and the pictures at the close, as usual, are excellent.

Even Prof. Edgar Short and his orchestra seemed to have put forth extra effort for the closing week and the result is a delightful rendering of "Foot and Partner" as an overture number and "Madame Butterfly" made the intermission seem only too brief.

Freckle-Face

Sun and Wind Brings Out Ugly Spots. How to Remove Easily.

Here's a chance, Miss Freckle-Face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling.

Simply get an ounce of othine—double strength from A. R. McIntyre, Drugs, and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.

Be sure to ask the druggist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles. (Adv't.)

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\$2.75 per hundred.

Don't pay more for hard wheat flour.

THE N. K. FAIRBANK COMPANY

ACCEPT COUNTESS TEA INVITATION

Chicago, May 2.—Members of the Hull house players, all of them working boys and girls, yesterday accepted an invitation to take tea with the Countess of Warwick, Warwick castle, England. This unique organization will sail from New York early in June on the afternoon of Sunday, July 13, the amateur thespians will be the guests of the countess.

Louis Alter, the character man, is a cigar maker. Stuart Bailey, who plays "leads," is the proprietor of a lunch room. Frank Keough, who plays old men, is employed in a brewery. Other members of the company are stenographers, clerks or teachers. Six nationalities are represented in the organization.

The more a man learns the more he realizes that this is a highly complicated little cosmos.



BEAUTIFUL IN 5 MINUTES

FREE SAMPLE

LADIES!

THINK OF IT

A Beautiful Complexion IN 5 MINUTES

If you are fortunate enough to have this skin, catch your eye, you'll be one of the happiest women in the world. For I will absolutely guarantee to give you a beautiful complexion in 5 minutes WITHOUT USE OF LYE. It is all the history of the world's toilet that has NEVER at any time been such an offer as this—and the best of all is this—YOU CAN TRY AND BE CONVINCED BEFORE you spend a single penny. Thousands of the finest Parisian society women are using this complexion.

Here's the story: I spent the last two years in Europe and during my travels I discovered an old Parisian physician making Face Kneading. I tried his preparation and was completely amazed at the results. I was delighted—I was transformed—I could hardly believe my own eyes. From him I purchased the formula and I completely control it throughout America.

Two months ago I gave out a few samples to women friends of mine, and since that time I have been literally swamped with requests for this Parisian Face Kneading. Women have begged me at my home—longed to have them more of my preparation. Now a company has been formed to market this amazing Face Kneading, and I will make 5000 women happy this month. You can be among them if you desire.

My Parisian Face Kneading is a simple, quick, and effective treatment. It is a perfect skin preparation. It can't be overdone. It is a perfect skin preparation. It can't be overdone. It is a perfect skin preparation. It can't be overdone.

DO NOT TRY TO MAKE IT YOUR OWN. IT IS A TRADE SECRET.

Butter contains water and salt.

Cottolene

is 100% shortening

When you buy butter for cooking purposes, you are paying for 25% water and salt; you get but 75% real shortening value. In Cottolene you get 100% shortening.

Cottolene costs much less than good butter—and gives just as good results in shortening and frying. Cottolene is as cheap or cheaper than lard—gives better results—and is absolutely healthful, which is more than can be said of lard.

Cottolene is economical, because one-third less is required than of either butter or lard.

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Boyle Furniture See the Sidway at Co.

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ICE CREAM MAKING

That's our business—nothing else. We have been devoting our mind and energies to this one thing for ten years. The result is a product that is flawless, smooth and free from deleterious substance. Don't take chances.

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Cleaner, Whiter Clothes—Less Labor on Wash Day

With water first softened with Lewis' Lye—or with soap made according to the Lewis' Lye recipe, from grease scraps you'd ordinarily throw away—you can be sure of better results, and cleaner, whiter clothes next wash day.

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is the acknowledged superior of any commercial lye obtainable at any price. Guaranteed absolutely pure and of full strength, it is the only lye made and marketed by manufacturing chemists, and is—

Unequaled for Cleaning, Making Soap, Softening Water, Destroying Vermin, Disinfecting, or as a Hog Conditioner.

Genuine Lewis' Lye is only sold in cans having the Quaker label as here pictured. Your grocer has it and vouchers for its purity and strength. Write for free booklet of suggestions and new uses of Lewis' Lye in the home and on the farm.

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Creamery Butter, 35c per lb. Loin Pork Chops, Per Pound, 17 1/2c.

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